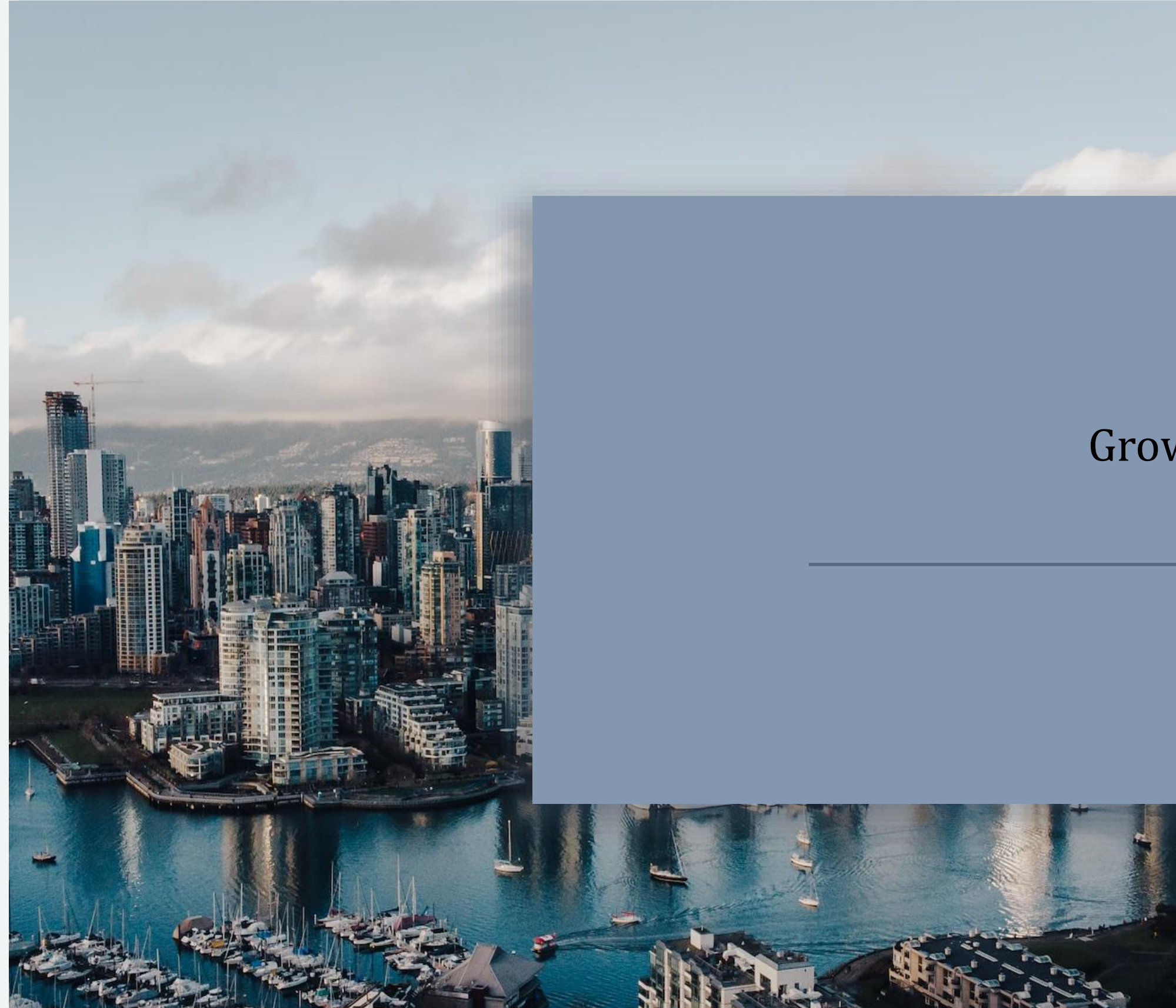


NOVEMBER 15



Wayne Alguire

Growth Specialist & Former Pastor

Soul Care for Leaders

“What do you benefit if you gain the whole world but lose your soul?”

Mark 8:36

- **Why is Soul Care vitally important?**
- **What might Soul Care look like?**
- **How do I engage in Soul Care?**

Why is Soul Care vitally important?

Highest point of frustration:

Trying to do everything, immediately, because it's popular.

Highest point of contribution:

Doing the right thing, for the right reason, at the right time.

- **Greg McKeown, Essentialism**

“Our soul is like an inner stream of water, which gives strength, direction, and harmony to every other element of our life.

When that stream is as it should be, we are constantly refreshed and exuberant in all we do, because our soul is then profusely rooted in the vastness of God and His Kingdom.”

- Dallas Willard, Renovation of the Heart

What might Soul Care look like?

Slow Down.

Slow Down.

Quiet Down.

Slow Down.

Quiet Down.

Lie Down.

“Biblical Sabbath is a twenty-four-hour block of time in which we stop work, enjoy rest, practice delight, and contemplate God.”

- **Pete Scazzero, The Emotionally Healthy Leader**

“Biblical Sabbath is a twenty-four-hour block of time in which we ***stop*** work, enjoy ***rest***, practice ***delight***, and ***contemplate*** God.”

- **Pete Scazzero, The Emotionally Healthy Leader**

How do I engage in Soul Care?

“Arrange your days so that you experience total contentment, joy, and confidence in your everyday life with God.”

- Dallas Willard

“I keep my soul carefully because I want to bring life and not death to those around me.”

- John Ortberg, Soul Keeping

Is anything worth more than your soul?

- **Jesus, Mark 8:37**



Thank You.

